

# VITAL SIGNS

VOL VII No. 5

Naval Hospital, Orlando, Florida

1 April 1984

## Directorate for Nursing Services

### Captain Nickerson retires



Hospital Plaque



Duty Station Plaque

Captain Lois E. Nickerson, NC, USN, joined the ranks of the retired on 30 March. The ceremony was held on a beautiful, sunny, Florida day with many of the Captain's friends and shipmates present. The highlight of the ceremony was the presentation of the Meritorious Service Medal. Captain Nickerson plans to make her home in Corpus Christi, Texas.



Meritorious Service Medal



## Captain Reynolds assumes Directorate



Captain A. Darby Reynolds, NC, USN, has been appointed and has assumed the Directorate for Nursing Services. Captain Reynolds has over twenty-two years of experience to contribute to the Directorate which will ensure and enhance the continued smooth functioning and the exceptional health care delivery of the Nursing Services.



**Inservice Training scheduled****Organ Transplant Awareness Week - 22 - 28 April**

The Education and Training Division plans to give the Naval Hospital Orlando staff the opportunity to learn more about the Organ Donor Program.

There will be two Organ Donor Protocol presentations scheduled for 24 April in the Lawson Room: One will be from 0930 to 1100 and the second one from 1300 to 1430. The speaker will be Irv Koehler, RN, Transplant Coordinator for East Central Florida Transplant Program.

The classes will help the staff to identify patients that could be considered as organ donors; identify the information needed by the Transplant Center in the initial assessment of a potential donor; and familiarize the staff with the necessary consent forms for organ retrieval.

Printed material and donor cards will be available. All interested staff are encouraged to attend. Contact hours will be provided for Nurses and CME credit has been requested.

**UNIFORM DONOR CARD**

of \_\_\_\_\_  
Printed or type name of donor

In the hope that I may help others, I hereby make this anatomical gift, if medically acceptable, to take effect upon my death. The words and marks below indicate my desires.

I give: (a) — any needed organs or parts  
(b) — only the following organs or parts

Specify the organ(s) or part(s)  
for the purpose of transplantation, therapy, medical research or education;  
(c) — my body for anatomical study if needed.

Limitations or  
special wishes, if any: \_\_\_\_\_

(Front)

Signed by the donor and the following two witnesses in the presence of each other:

Signature of donor \_\_\_\_\_ Date of birth of donor \_\_\_\_\_

Date signed \_\_\_\_\_ City & State \_\_\_\_\_

Witness \_\_\_\_\_ Witness \_\_\_\_\_

This is a legal document under the Uniform Anatomical Gift Act or similar laws.

East Central Florida Transplant  
500 E. Rollins Avenue  
Suite 302  
Orlando, FL 32803

(Back)

**On the submission of evals,  
etc, ...**

**All priority work  
is a sign of poor  
leadership and management!**

**American Red Cross**

**Volunteer hours  
for February -  
2,363**

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HM1 Dennis M. Downey, USN

**Vital  
Signs**

# STETH - O - SCOOP

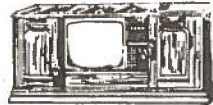
By HM1 Dennis M. Downey, USN



## Should executions be televised?



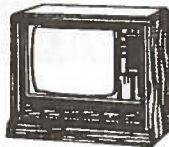
LCDR Thomas Twarog, NC, Emergency Room: "No. We should not waste prime time TV with more violence."



LTJG E. A. Cormack, Dietitian: "No, they should be allowed the decency to die privately unless they want their death televised."



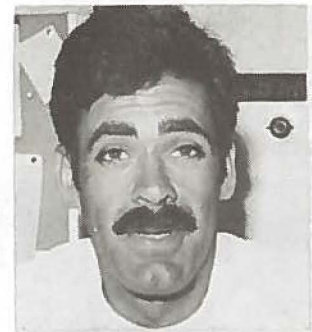
Jerome Walker, Food Service: "No, I'm opposed to executions... and they should definitely not be on TV."



Joyce Lockwood, Inpatient Administration: "No, it would make it a sensational event and it wouldn't serve as a deterrent. Besides, children should not be subjected to it."



HM3 Kelly Cole, Surgical Ward: "As long as they don't do it during the dinner hour, it's okay with me!"



HM1 Gary Stetler, CPD: "Although I'm in favor of executions, I don't think they should be televised. We didn't see the crime, why should we see the execution."





## Staff Journal

### Navy Achievement Medal



On 15 March, CAPT McClurkan presented LT Ira Davis, MSC, with the Navy Achievement Medal for his meritorious performance of duty at the Medical Clinic, Key West.

### Special Recognition

On 7 March, CAPT Herr had the unusual opportunity to present two certificates on behalf of the Secretary of the Navy. The certificates recognized 40 years of government service.



... Charlie Bridger, Foreman of the Transportation Division.



... James Wester, Cook, Food Service.

### Retirements



CAPT James Boorstin, MC, escorts his wife, Lillian, thru the sideboys at the conclusion of his retirement ceremony on 1 March.



Transferring to the Fleet Reserve on 29 February, HMCS Robert McNicol is joined by Captains Herr and McClurkan in rendering honors to the flag during the National Anthem.



Monica Berg, RN, OB-GYN Ward, retired on 2 February after completing over 21 years of service.



## Presentations

At the March 15th ceremony, CAPT McClurkan made the following presentations:



... Letter of Commendation for HMI John Reed, RIF Optical. HMI Reed acted as the coordinator for the Naval Hospital Orlando volunteers who participated in the Blood Sugar Screenings for Diabetes conducted at Fashion Square Health Fair under the auspices of Humana Hospital Lucerne.



Pictured with CAPT McClurkan are members of the staff who volunteered 3 to 4 hours of their off-duty time to do the Blood Sugar Screenings. Left to right: HMI Reed; HM2 P. Paige, HM2 Ed Paige; HMI Pepper; HM3 Luthanen (in behind Pepper); HM2 Hanberry; HM3 Anderson; HMI Draper; HN Scholljegerdes; and HMI Ferguson.



3rd Good Conduct Award for HMI Joseph Neel, Radiology Department.



Chief Mize received a Letter of Commendation on 2 March as he transferred to NUMI, Groton, CT. Joining the ceremony with CAPT Herr were LT D'Heron and HMCM Wood.



CAPT McClurkan presents a Letter of Commendation to HM2 Paul Nerio as he was released from active duty on 15 March.



... First Good Conduct Medals for HM2 Clement Richardson, HM2 Kinley Fisher, and HM3 George Trouche.



## Staff Journal (Continued)

On 7 March, CAPT Herr presented civilian awards for outstanding service.



... Linda Hewitt, LPN,  
Orthopedic Department.



... Dee Thompson, RN,  
OB-GYN Clinic.



... Joseph L. Kee, Jr.,  
Transportation.



... Marian McGlasson, LPN,  
Nursing Services.



... Pat Barbour, Inpatient  
Administration Division.



... Joyce Dover,  
CO's secretary.



... 20 year pin for Alice Wilson, House-  
keeping Branch.



... CDR Riesenhuber presented Stuart  
Jester his Outstanding Performance  
Award in the Pharmacy on 23 March.



On 15 March, LT D'Heron presented  
HM2 Theresa Fisher with her certificate  
of permanent appointment to Second Class  
Petty Officer.

Reenlistments

Happiness is ... receiving a spouse certificate on your wife's reenlistment in the U.S. Navy. HM2 Edward Paige accepts the certificate from LT Ira Davis, HM2 Pamela Paige's reenlistment officer. She reenlisted on 15 March.



On 22 March, CDR Pratt, Laboratory Officer, enthusiastically reenlisted HM2 Edmar Gamboa in the United States Navy for an additional 2 years.



On 23 March, HM3 Stephen Jordan, Branch Clinic, happily signed his reenlistment contract for 4 more years in the Navy. LT D'Heron served as the Reenlistment Officer.

HMCS Bonder retired

HMCS Sam Bonder's retirement ceremony was held on a blustery March day as he completed over 30 years of Naval service. The Senior Chief served as Naval Hospital Orlando's Security Officer.



Foul Weather Parade on 29 March - troops inspected inside.



Hospital Plaque, from the CPO's, presented by HMCM(SS) Clements, C/MC.



"I'm going to raise frogs!"





## NURSING SERVICES



Column Coordinator:

LT Joyce E. Drescher, NC, USN

### Continuing with the Evolution of Professional Nursing

Despite the advances of the nursing profession up to the 1920's, it was apparent that nursing was still struggling with the problem of serving two masters: the care of the sick in the hospital and the education of the nurse. A never ending problem that still reigns in modern day nursing.

The efforts to upgrade professional nursing over the past decade has lead to the controversial issue of redefining nursing according to educational levels. Presently, the job availabilities, salaries, and quality of nursing do not vary greatly between the Associate Degree, diploma, and BSN nurse. The governing body of the ANA is rapidly developing new criteria to reorganize the standards of the nursing profession. This reorganization, when passed by the State Legislatures, will affect all aspects of nursing and the medical field in general. At present, the individual must decide for himself the level of education he wishes to obtain in this very specialized field.

Opportunities in nursing are likely to continue and expand in the coming years. Because of the development of specialization in functional areas, great demands are placed upon nurses for additional education and experience. The effective nurse today must know a great deal more than the nurse of twenty-five years ago.

### Retirement



On William B. Martin's retirement, 30 March, ENS Meinertzhagen presented him with a picture of the hospital. Mr. Martin handled Food Service supplies and friends from both departments were on hand to wish him well.



Column Coordinator: ENS S. E. DuLac, MSC, USN

### Why drug abuse?

While it has not been proved that there is one "drug-dependent personality," a high incidence of certain personal characteristics has shown up among drug abusers. In general, a drug abuser or a drug-dependent person:

- has difficulty handling frustration, anxiety, depression
- wants immediate gratification of desires
- is lonely and unsuccessful in family and other human relationships
- has low self-esteem
- is impulsive, takes risks, has little regard for health and safety
- resents authority and flouts rules

Undeniably, conditions in family and society provide the foundation for misuse and abuse of drugs. But what actually triggers an individual's involvement with drugs? Peer influence is probably the dominant reason for drug usage, at least among young people. The need to be a part of a group contributes to many people's involvement with drugs. For some users, the drug culture provides a sense of belonging. Drugs may be the symbol they choose to express their independence. Availability triggers drug abuse for some people. There is the argument that if a person really wants a drug he or she will manage to get it whether it is legal or not.

But the underlying factors for drug involvement have to do with personality factors: loneliness, alienation, poor self-image, search for identity, unsatisfying human relationships, inadequate achievement, desire for self-punishment, desire to punish others. Such personality traits can also lead to other types of unacceptable behavior, of course. And no one can predict whether an individual who is rejected, inadequate, angry, will necessarily get hung-up on drugs. However, one thing is certain. The person with such qualities needs help in doing a more successful job of living.

By Margaret Hill



**CAREER COUNSELOR'S****CORNER**

HMC Patricia M. Johnson, USN

**Bonds ... a good buy!**

Would you consider yourself a "small saver?" Can't afford to put much money away each month? How about Savings Bonds?

Yesterday's Savings Bonds were designed for an age of economical stability. Today's Bonds address the age of a changing economy. Savings Bonds now offer a unique package of advantages including:

- \* convenient availability thru payroll deduction plans and local banks
- \* Federal tax-deferral benefits
- \* freedom from State and local income tax
- \* guaranteed safety for principle and interest
- \* small denomination units for flexible investments
- \* security from wide swings in interest rates
- \* security from loss, theft or destruction
- \* security from sustained drop in rates

Invest as little as \$25 and receive rates that are tied to five-year Treasury Securities and are adjusted bi-annually. Original maturity is set at 10 years, based on the time it takes a Bond to grow from issue price to face value at the guaranteed minimum rate of 7.5% a year, compounded semi-annually. Bonds reach face value sooner if the market-based rate is higher.

Beginning 10 April and running thru 10 May, the Naval Training Center is sponsoring a Savings Bond Drive. It's an ideal opportunity for you to invest in the United States of America ..... I do!!



LTJG Jeffrey D. Cohen, MSC, Savings Bond Officer for Naval Hospital Orlando, delivers a Bond to Chief Johnson.

**Sailor of the Quarter**

HM1 Patrick Ferguson, RIF Optical, has been selected as the Sailor of the Quarter, 1st Quarter, 1984. HM1 Ferguson has over 14 years of Naval service. He is married and he and his wife, Sue, have two children: Sean, 9 years old and Jennifer who is 7 years old.

**Blue Jacket of the Quarter**

HN Morgan Silva, Outpatient Division, is the Blue Jacket of the Quarter, 1st Quarter, 1984. HN Silva has been at the Hospital since September, 1982, and will be leaving in May for duty at the Medical Clinic, Hawaii.

**Civilian of the Quarter**

Doris Villar, Investigator/Coordinator for Quality Assurance has been selected as the Civilian of the Quarter, First Quarter, 1984. Doris and her husband, Bo, have two children, Diane and Rick, and are the proud grandparents of Kevin and Kelli.





## CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USNR

### Christ's legacy

If you were asked, "Have you ever been remembered in a will?" perhaps your reply would be negative. But, did you ever pause to think that when Christ was dying on the cross, he made a will? If you are in the Kingdom of Christ, you most assuredly been remembered in his will. He willed his body to Joseph of Arimathea; he willed his mother to John; and he willed his spirit back to his Father. But to his disciples, he said, "My peace, I leave with you; that is my legacy." Not our peace, but his peace. If he had left us a lot of gold, thieves would have stolen it in the first century; but, he left his peace for every believer, and no power on earth can take it from him who trusts.

D. L. Moody

### "I Baptize thee ..."



During the period of hospitalization for patient Glenwell J. Bryant he requested to be Baptized by immersion. Reverend J. Hill, Associate Pastor of the Church of Christ, Pinecastle, came to the hospital on 22 March and Mr. Bryant was Baptized in the Hubbard Tank in Physical Therapy Department.



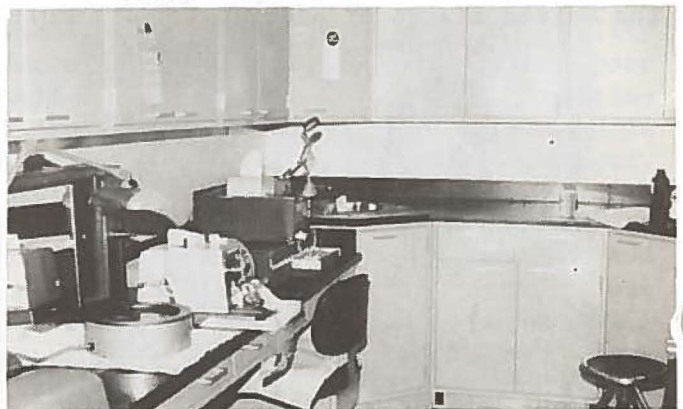
## LAB LINE

CAPT P. E. Petit, MC, USN

### A new look for the Histology lab

The Histology lab has a new look with the final installation of some cabinetry. The electrical and plumbing still await completion, but at least we now have adequate workbench and storage space to perform the technical functions.

The Histology lab is our art gallery. The canvas is the microscope slide and the paint is hematoxylin and eosin, the stains used for general tissue preparations. There is truly a great deal of artistic talent required to cut and prepare the perfect tissue sections required by the pathologist in making microscopic tissue diagnoses. After gross observation and dissection of tissues, small portions are put through an overnight process that removes the water from the tissue and allows it to become infiltrated with paraffin wax. The wax holds the tissue in a fixed position so it can be cut in super thin sections by the microtome knife. By comparison, the human red blood cell is approximately 7 micrometers across and our histologist routinely cuts sections in the 3 to 4 micrometer range. These ultra thin sections are floated on a bath of warm water and picked up on microscope slides. The paraffin is then removed with chemicals and the sections are stained. The staining must be done perfectly enabling the pathologist to visualize the cellular structure of the tissue.



This is Ms Shirley Graham's new work center. She's extremely camera shy!



## Who are they?

# Human Relations Council

By LCDR Daniel F. Colvin, NC, USN

During 1983, the Human Relations Council pursued an active publicity effort to acquaint all the staff with the Council and to let each of you know that we are ready to serve. We have published articles in the POD and in Vital Signs to inform everyone on procedures to follow when you are aware of a human relations problem.

Human relations is a study of human problems arising from organizational and interpersonal relations; also, it is a course, study, or program designed to develop better interpersonal and intergroup adjustments.

Do you see problems of this type in your department or in another department? Do you see yourself or any of your friends being treated unjustly? These are the questions you must ask yourself. If you are aware of a situation which violates your personal convictions or beliefs or your personal or interpersonal relationships within any department, then you must act. What do you do? You must first use the chain of command for your department. This will solve most of the problems. If it doesn't, then contact a HRC representative.

Once each month, the HRC meets to discuss all problems presented and to monitor the effectiveness of the command's Equal Opportunity Program. We discuss potential problem areas and develop ideas that we believe will promote good morale throughout the command. The council has members from HA to CDR, with members representing all areas of the command.

Remember, good human relations leads to high morale!

We have included pictures of all the members of the Human Relations Council so you will know who they are and where to find them. They are ready to serve you!



LT Anne Shepardson, NC  
Psychiatry Department  
Chairperson



HM2 Evangelina Gomez  
Branch Clinic



MMC William R. Mann  
Security



# Human Relations Council (Continued)



CDR Gene E. COY, MC,  
Head, Operational  
Medicine



HM3 Steven T. Jordan  
Branch Clinic



HM3 Beverly Newton  
Surgical Clinic



HMCM Joseph Phillips  
Acting  
Command Master Chief



RP2 Rogenna W. Bean  
Pastoral Care



LCDR Daniel F. Colvin, NC  
Charge Nurse, ARS



HN Santiago Garviso  
Newborn Nursery



LTJG Bruce L. Kook, NC  
Surgical Ward



HM1 Edward F. Hooker  
Manpower Management



LTJG Elizabeth Passen, MSC  
Social Worker



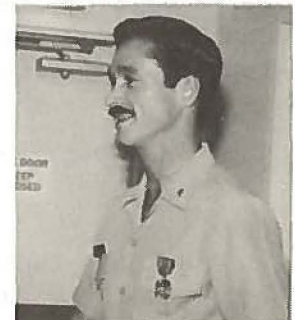
CW02 Clyde L. Ranney, PA  
Branch Clinic



HN Frankie Sanders  
ICU



HN Adrienne Sickle  
Recovery Room



LT Mark S. Lockhart,  
MSC, Branch Clinic





## Master Shipwreck

HMCM(SS) R. C. Clements, USN

### Navy Medicine - a first-hand view

During my recent illness, I had the opportunity to observe and receive the finest medical care available. From the night of my admission until 13 days later when I was released on convalescent leave, I was completely overwhelmed with the caring and professional attitude of the entire staff.

The emergency room staff that processed me for admission, the ward staff, the Laboratory Department, Radiology Department, Inhalation Therapy, Family Practice Department, and especially the Surgical Department were responsive to my many needs and sought to comfort me in every manner. The hospital corpsmen, nursing staff and even the housekeepers, who cared for me on a day-to-day basis, demonstrated professionalism, caring, and a sense of pride in their jobs. My family was very impressed with the decorum of the entire staff at the hospital.

My follow-up care has been equally impressive and I'm sure that this will continue during my recovery. I would like to reassure anyone who has doubts concerning the standards of treatment provided in Naval medical treatment facilities that they are of the highest quality and administered with outstanding professional competence.

The outpouring of good wishes from shipmates and friends in The Medical Department and around the world has been overwhelming. Thanks to each and everyone for the prayers, flowers, cards, visits and especially your love.

*R. C. Clements*



### New course at ARS

All of the Navy-wide Alcohol Rehabilitation Services and the Triservice Alcoholism Recovery Department at Bethesda are now conducting Alcoholism Orientation Courses for Medical Department Officers. Naval Hospital Orlando's ARS graduated their first class on 16 March.



On hand for the graduation picture were: (kneeling), students LT Gustavo Calleja, MC, and HM1 Charles Mathis. Back row: LCDR Jeremy Musher, MC, Assistant Chief, ARS; Janet Jowers, Director, ARS; students LT Leonard A. Johnson, MC; LT Melvin Maxwell, MSC; LT Robert D. Younger, MSC; and CAPT McClurkan who presented the certificates.

### EMT Graduates



On 9 March, Naval Hospital Orlando graduated one of the largest classes of Emergency Medical Technicians. The class was made up of Hospital staff plus representatives from the Dental Clinic, and 3 Reservists: In the picture, left to right, front row:

HM3 Hoy, HM3 Dennis, HM3 Troche, HN Latimore, and HN Langner. Second row: HM2 Torres, HM3 Gnau, DN Darby, HM3 Francisco, HN Sickie, HM2 Stansbury, CWO3 Vance (Instructor), and HM2 Floyd. Third row: CAPT Herr, HM3 Cole, HM3 Albino, HN Gal-liher, HM3 Sartain, DT3 Williams, HN Turner, HN Scarff, HM3 McGuinness, and LCDR Boyle (Course Coordinator).



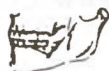
Just

A

Word from the

Skipper

CAPT A. Herr, DC, USN

An ATTABOY from CNO

As we diligently carry out our everyday duties, Washington, DC, seems like a distant land inhabited by a lot of high ranking officers and civilians. Do you think they are aware of the kind of job we're doing? They most certainly are! That is why I want to share this letter with you. It is from the Chief of Naval Operations and written to the Commander, Naval Medical Command.

"Responsive medical support is essential to the success of our Navy and Marine Corps mission. We have been reminded of this by the superb performance of our Navy Medical Department personnel in support of operations in Lebanon and Grenada.

"Despite the destruction of medical capabilities ashore from the terrorist bombing of the Battalion Landing Team Headquarters at the Beirut International Airport, surviving Dental Corps officers quickly responded and formed triage teams. Their aggressive action ensured the best medical attention possible for the survivors of the bombing. Medical teams, formed aboard USS IWO JIMA, also provided expert medical support...

"A concurrent requirement to support the Grenada operation, without notice, was met with the same immediate and professional response. A fully staffed casualty receiving capability at the Naval Hospital, Roosevelt Roads, was operating within hours of the first notification of the Grenada operation. The performance of medical teams aboard ships offshore also was superb, rendering life-saving aid to all military people and civilians in Grenada.

"Just as important, Navy Medical Department's concern for the other members of our Navy-Marine Corps family is worthy of special acknowledgment and recognition.

Supervisory Developmental Training Program

The Employee Relations/Development Branch of Civilian Personnel has recently initiated an in-depth training program for first-line supervisors. The Program, directed by Larry Alemi, is composed of three parts: Part I - Essentials of Supervision (48 hours); Part II - Performance Appraisal Interviewing Process Techniques (8 hours); and Part III - "Advanced Supervision (48 hours).

In the pilot group, which graduated in February, the Naval Hospital was represented by Glen Knowles, Supervisor of the Supply Department. In the second class, which graduated in March, there were two staff members: Dee Nader, from Management Information, and ENS William Henderson, Environmental Health Officer.



Mr. Knowles



Mrs. Nader



ENS Henderson

The Instructor is Mr. Harry Reinhart from Mid-Florida Technical Institute. The pilot group will complete Part II in May, and Part III in October/November 1984. Subsequent classes for this continuing program will be scheduled.

Judging from the volume of unsolicited and complimentary letters concerning medical care of all categories coming across my desk, your professionals are providing responsive and thorough medical attention... I wholeheartedly support your efforts. Keep up the positive momentum...

"Please convey my personal 'well done' to all officers and enlisted personnel of the Navy Medical Department. They have proven their professionalism and have shown their concern for both active duty personnel and their dependents. I am extremely proud of the men and women of the Navy Medical Department."

James D. Watkins